

DESERT AIRMAN

Vol. 60, No. 41

Davis-Monthan Air Force Base, Ariz.

Friday, October 13, 2000

Around D-M

Oktoberfest

Oktoberfest will be today from 6 to 10 p.m. in the Officers Club. Participants can dine on an authentic German buffet and drink German beverages. Many prizes will be given away, and Hildegard and the Rusty Greer band will perform. Tickets for club members (both clubs) and bona fide guests are \$12.95; eligible non-members are \$15.95. Reservations are required. Call the O' Club at 748-0660.

Medical group hours

The 355th Medical Group clinic will close temporarily Saturday and will be unable to provide acute appointments. During the closure, all air conditioning and ventilation systems will be shut down to enable the replacement of chillers. Normal operating hours will resume Sunday. Call 8-2828 for more information or with questions.

AEF deployment

AEF 1 and 2 deployment processing is scheduled for Oct. 24 starting at 8 a.m. to 11 a.m. in Building 4859. Call 8-4500 for more information.

Days since
last D-M DUI:

26 

Need a ride? Call
Airmen Against Drunk
Driving
at 850-2233.

(Current as of Thursday)



Airman 1st Class Maryann Walker

Safety Day

Davis-Monthan Air Force Base members participate in the Safety Day Parade Friday in an effort to remind D-M that safety is everyone's responsibility. As the holiday season nears, everyone is encouraged to look out for themselves and others, not to drink alcohol and drive, and adhere to posted speed limits. All base personnel must practice safe and reasonable driving practices, according to safety officials. Members caught speeding could have their driving privileges suspended for a seven-day period. Repeat offend-

ers could face a minimum six-months to one-year driving privilege revocation. Highest violation areas include the Palo Verde and Kachina housing areas, Quijota Boulevard, and Craycroft Road. These areas also have the highest pedestrian traffic volume. Report speeding violators' license plate number to the security forces desk at 8-3200. Since January, more than 95 members have lost their on-base driving privileges for seven-day periods including 32 active-duty, 37 family members, 19 civilians, 13 retirees and 14 others.

Underage Drinking Task Force looks out for D-M

By 1st Lt. Nikki Credic
Public affairs

For some, there is nothing like finishing the week with a few friends and some ice-cold beers. However, this type of fun can only be enjoyed by those who have reached the privileged age of 21—it's the law.

Some military members, who have yet to reach this privileged age, feel the law does not apply to them. The Underage Drinking Task Force begs to differ.

The task force is not a group of

masked members who raid secret dorm room parties in the middle of the night, but rather, are a group which includes commanders, first sergeants, chaplains and other Davis-Monthan Air Force Base members who've joined forces to prevent underage drinking.

"The task force's purpose is to deter and find alternatives to drinking for underage airmen," said Capt. Patricia Muth, task force member.

To accomplish this mission, the task force is getting organized and setting goals.

"Three subcommittees, which will include all ranks and ages, are being formed," Muth explained. "They will come up activities underage airman can engage in other than drinking and combat stereotypes surrounding drinking."

Muth knows the road ahead will be a challenging one for the task force, but she feels they are ready to tackle it—starting with education.

"Education is a good start," she said. "Folks need to really under

See Task Force Page 5

Commander's Corner

Commander's Salute

This week, I salute the participants of the Safety Day Parade, for taking the time to help educate the Davis-Monthan Air Force Base community about safety issues. Well done!



Col. Bobby Wilkes
355th Wing Commander

Supporting each other and working together to provide the best programs and services is a common goal we all share as members of Team D-M.

Ideas, suggestions, comments and kudos are an important ingredient for continuous improvement.

The fastest way to pass along comment or to get an answer to your concern is to contact the agency chief or functional manager listed here.

Still no solution? The Commander's Corner phone line is available 24 hours a day, at **8-4747**, or you can send an e-mail to us at: 355thWing.CommandersCorner@dm.af.mil.

If you leave your name, phone number and a message, you'll receive a prompt reply, either in writing or by telephone. We will honor your confidentiality, but sometimes we need to contact callers to gather additional information. If your concern is of general interest to the base populace, the response may be published in the *Desert Airman*. Anonymous calls may not be published in the newspaper, we recommend you leave a contact phone number if you'd like us to provide an answer.

AAFES Agencies	748-7887
Accounting and Finance	8-4964
Chaplain	8-5411
Civil Engineering	8-3401
Clinic	8-2930
Commissary	8-3116
Family Support	8-5690
Fitness Center	8-3714
Housing Office	8-3687
Inspector General	8-3559
Legal	8-6432
Lodging	8-4845
Military/Civilian	
Equal Opportunity Office	8-5509
Military Personnel	8-5689
Public Affairs	8-3204
Security Forces	8-6178
Services	8-5596
Transportation	8-3584

Street sweeping

Comment: I moved into base housing a few months ago and noticed there are signs about every month that state there will be sweeping of housing, and vehicles are not permitted to park on the streets.

Every time they are sweeping, I notice there are a lot of people who just ignore those signs. I contacted the housing office and was told that they are supposed to get a parking ticket, but I haven't noticed one ticket.

Response: We appreciate your concern with keeping our housing area looking neat.

All housing residents should watch for the street sweeping reminder signs and make every effort to park their vehicle off the street for the two days required to sweep all the streets.

Housing management does try to locate owners of vehicles who do not move their vehicles. However, if a particular vehicle is observed continually disregarding the street sweeping notices, housing management will contact security forces for further action, which could include a traffic citation. Call Beth Wilson in the housing management facility office at 8-6609 if you have more questions or concerns.

BX music choices

Comment: There is explicitly violent and pornographic music being sold in the base exchange. This music has anti-social, anti-Semitic, anti-Christian, and other anti-messages which go far beyond the expression of reasonably free speech. Worst of all, it is being purchased by minors. It has apparently been labeled correctly according to society's standards, but often has grotesque pictures and profanity on the outer cover. A possible solution is to put this material in a one location where an Army and Air Force Exchange Services employee properly monitors it so children

under the age of 17 won't have easy access.

Response: Thank you for your concern regarding mature/adult music sold at the base exchange. Army and Air Force Exchange Services headquarters determines the method in which CDs are categorized and displayed in its music departments. To prohibit purchase of these items by minors, mature-themed CDs are visibly marked and controlled by an industry wide color-coding. Base exchange employees are trained to identify this coding, thereby ensuring their non-sale to minors. Additionally, signs are placed throughout the music area informing all customers of the BX policy on the sale of music with mature, adult content. Call Dewey Brown, BX manager, at 8-3904 if there are further concerns.

Helmet rules

Comment: What is the regulation on base about wearing helmets for personal protection?

I see security forces drive by while kids are riding bikes or skateboarding without helmets on. It seems the rules are enforced for a little while, then slacks off.

Response: Thank you for your question concerning helmet wear on Davis-Monthan Air Force Base. The D-M supplement to AFI 31-204, Motor Vehicle and Traffic Supervision, in addition to a base policy letter, dated July 26, 1999, require bicyclists, rollerskaters, rollerbladers, skateboarders and those on scooters to wear approved safety helmets while riding or skating on base. Security forces will enforce helmet wearing, but directed police actions are their first priority.

Parents need to be aware of the safety requirements and ensure their children are in compliance. When any of us see a child not wearing a helmet, it is all of our responsibility to take the time to explain the base policy and good safety practices.

Your Final Answer?

What can we do to help prevent suicide?



Senior Master Sgt.
Ray Blecker
355th Wing

"The Air Force family needs to come together to get the word out, that suicide is NOT an option. We must take care of each other and get to know each other."



Senior Airman
Amy McBeth
355th Communications Squadron

"I think that we should allow the victims of a suicide the opportunity to address commander's calls. Their experience may drive the point home of how horrific this act is for the survivors."



Staff Sgt.
John Lane
355th Services Squadron

"I think we should continue with the awareness programs, but I also believe that we should encourage more fitness programs, like our new morning physical training program. This encourages people to get to know one another and helps morale."



GS-9
Robert Gibson
355th Services Squadron

"We have learned a lot through the suicide prevention programs, but some people are hard to read. Everyone must make an attempt to pay attention to even the smallest sign of distress. We should get to know one another, and supervisors especially should show a sincere interest in their personnel."



Angie Erickson
wife of
Staff Sgt. Jeremiah Erickson
355th Communications Squadron

"There is still a preventative measure that has not been implemented — a suicide hotline. When I was on active duty, I volunteered on a civilian hotline that I believe was instrumental in saving lives."



Airman 1st Class
Jason Corradi
355th Communications Squadron

"We should try to make a stress-free work environment. When we reduce stress we tend to be more positive, be in a better mood and get along. We should brainstorm creative ideas on how to improve our work environment."

Team D-M hosts Air Force Supply-Fuels Rodeo 2000

By Staff Sgt.
J. Elaine Phillinganes
Public affairs

Organizers from the 355th Logistics Group are gearing up to host more than 40 Air Force teams from around the world at the Air Force 2000 Supply/Fuels Readiness Competition, "The Sonoran Shootout," here Monday through Oct. 20.

The event started five years ago as an informal gathering in the fuels community at Eglin Air Force Base, Fla.; the event has grown in size and popularity since its inception and was officially sanctioned by the Air Force in 1997.

Davis-Monthan Air Force Base was chosen in 1998 to host the 1999 and 2000 Rodeo competitions because of its rich tradition and involvement with the Rodeo, and because of its facilities and favorable climate.

The leader and orchestrator of this year's event is 2nd Lt. Shawn Tellers, 355th LG. He has led the efforts since March, but this ongoing project has been in the making since last year's "Rodeo" ended.

The "Rodeo" is held for several reasons, but the most important include providing an opportunity to practice real-world skills in a com-



Courtesy photos

Military members participate in one of the many competitions during last year's Supply/Fuels Readiness Competition at Davis-Monthan Air Force Base.

petitive environment and building camaraderie amongst the supply/fuels warriors from around the world.

Tellers said teams from Alaska, Japan and Europe as well as from all around the continental United States including Air National Guard units will participate in the competition. "The event allows members of the supply community to get to-

gether and foster working relationships on a yearly basis."

Base agencies, through a lot of hard work and dedication, help to this event a success and Tellers said it is more than worth the effort put into it.

"It is a lot of work and the supply squadron has had to rely on the rest of the base to make this concerted effort come to fruition. However, it

is a great event because it unites the base and has a large-scale impact upon the entire supply community," Tellers said.

Tellers said the best thing about hosting last year's competition was it allowed them to benchmark and improve their planning/actions for this year.

One of the improvements this year will be seen in the fuels events. "After last year, the fuels events were completely changed to more accurately reflect real-world battlefield requirements."

This year's fuels events will incorporate fuels mobility support equipment, lab, tire change and refueler-driving events.

"Team D-M took third in the supply events last year, second in the fuels events, and second in the overall competition last year. This year's team of finely-honed warriors has the potential for an equally good showing, if not better," Tellers said.

"I am thoroughly convinced that all the teams will walk away from this event saying it was the best organized 'Rodeo' to date; Eglin will definitely have a tough act to follow next year," Tellers said.

Visit the Rodeo Web page at www.dm.af.mil/355sup/roadeo for more information.

AAFES Customer Satisfaction surveys coming your way

In a continued effort to improve its customer service and to ensure it is meeting customer expectations, the Army and Air Force Exchange Service will conduct a customer satisfaction index survey at the Davis-Monthan Air Force Base main exchange today and Monday.

Since 1996, customers have filled out CSI surveys at AAFES stores worldwide. These surveys measure customer satisfaction in several areas, including customer service, pricing, associate

availability and friendliness, and merchandise availability and quantity. After analyzing the results, exchanges are compared with each other and with other discount department stores in the United States.

"The CSI was designed to measure customer satisfaction on a wide range of factors," said Dewey Brown, D-M main exchange general manager.

"To improve customer satisfaction, we need to understand not only what our customers tell us through survey results, but to also interact with them. We've got to move beyond just data collection because, to be a winner today, it's important not only to understand what our customer's needs are, but to know what it will take to exceed them."

When the final results are in, AAFES facilities that are acknowledged by their customers as exceeding their expectation will be presented with AAFES Customer Satisfaction Index Awards. These commander's Awards for Excellence in Customer Service will be awarded in the following categories: best store in AAFES, best store in each region, most im-



Senior Airman Shanda De Anda

(Right to left) Blanca Schroer, Army and Air Force Exchange Service sales associate, assists Carey Crews, AAFES customer, with a purchase.

proved store in each region and the store that's meeting or exceeding the industry average.

"When our customers complete their survey, we ask that they take the time to mail them back in the self-addressed, postage-paid envelope provided, said Dewey Brown. "Their voice here at Davis-Monthan AFB does make a difference, so I hope they will take the time to complete the survey so that we may measure our success and continue to improve."

Results from customer surveys administered in February 1999 show AAFES

scores to be up two points over the previous year. *(Courtesy Army and Air Force Exchange Services)*



Senior Airman Shanda De Anda

(Right to left) Cora DeYoung, Army and Air Force Exchange Services cashier, completes a sale with Kea Langley, AAFES customer.

Snowbird Operations resume winter flying schedule

Snowbird Operations are currently underway at Davis-Monthan Air Force Base and will host units from throughout the country until March 31.

The Marine Corps' VMFA 533, a fixed-wing Marine fighter attack squadron from Marine Corps Air Station, Beaufort, S.C., is currently here with 150 members, flying their F/A-18s.

Air National Guard units flying F-16s and A-10s will follow them. The Missouri Air National Guard's 131st Fighter Wing will deploy their F-15C Eagles to Tucson for training.

Located on D-M's north ramp, and supported

by the 162nd Fighter Wing at Tucson International Airport, Operation Snowbird is part of the Air National Guard's winter-basing program, which provides northern-tier ANG fighter units with a winter deployment location to fly combat training sorties.

Snowbird is a four-acre site that can support up to two simultaneous 12-aircraft deployments, with 42 fighter-size parking spots and four buildings from which unit personnel can operate.

During the "Snowbird season" which lasts from Oct. 1 to March 31, Air National Guard-tasked units perform their annual deployments to Tucson. During the "off-season" and during non-utilized winter periods, the site is open for deployments from any aircraft and any service.

Units which have used the Snowbird facility include Navy and Marine Corps units, and even allied nation flying units from Britain and Germany.

While subject to change, the current schedule for the year is (Unit, home station, arrival/departure and type aircraft): **VMFA 533**, Marine Corps Air Station Beaufort, S.C., currently/Oct. 24, F/A-18 Hornet; **132nd Fighter Wing**, Des Moines, Iowa, Nov. 7/Nov. 20, F-16 Fighting Fal-



F/A-18 Hornet



F-16 Fighting Falcon

con; **122nd FW**, Fort Wayne, Ind., Nov. 26/Dec. 9, F-16 Fighting Falcon; **110th FW**, Battle Creek, Mich., Jan. 6/Jan. 20, A-10 Thunderbolt II; **180th FW**, Toledo, Ohio, Jan. 21/Feb. 3, F-16 Fighting Falcon; **114th FW**, Sioux Falls, S.D., Feb. 4/Feb. 17, F-16 Fighting Falcon; **131st FW**, St. Louis, Mo., Feb. 8/March 3, F-15C Eagle; **111th FW**, Willow Grove, Pa., March 4/March 17, A-10 Thunderbolt II; and **175th FW**, Baltimore, Md., March 18/March 31, A-10 Thunderbolt II. (Courtesy 162nd Fighter Wing Public Affairs)

Military Justice *Airmen receive non-judicial punishment for UCMJ violations*

The following airmen received punishments in July For their actions:

An airman received a reduction to the rank of airman basic and 45 days extra duty for assault and battery, a violation of the Uniform Code of Military Justice Article 128.

An airman 1st class received a suspended reduction to the rank to airman and 15 days extra duty for underage drinking, a violation of the UCMJ Article 92.

A staff sergeant received a reduction to the rank to senior airman and 30 days extra duty for failure to obey, a violation of the UCMJ Article 92.

An airman 1st class received a reduction to the rank to airman and 30 days extra duty for supplying alcohol to underage military members, a violation of the UCMJ Article 92.

An airman basic received forfeitures of \$100 pay per month for two months, 25 days extra duty

and 20 days restriction for underage drinking, a violation of the UCMJ Article 92.

An airman 1st class received a reduction to the rank to airman for supplying alcohol to underage military members, a violation of the UCMJ Article 92.

An airman 1st class received a suspended reduction to the rank of Amn and 15 days extra duty for underage drinking, a violation of the UCMJ, Article 92.

An airman received a reduction to the rank to airman basic for underage drinking, a violation of the UCMJ, Article 92.

An airman received a reduction to the rank of airman basic for driving under the influence of alcohol, a violation of the UCMJ Article 111.

An airman received a suspended reduction to the rank to airman basic and 15 days extra duty for underage drinking, a violation of the UCMJ Article 92.

An airman 1st class received a reduction in rank to airman and 30 days extra duty for supplying alcohol to underage military members, a violation of the UCMJ Article 92.

An airman received a reduction to the rank to airman basic and forfeitures of \$300 pay per month for two months for failure to go, a violation of the UCMJ Article 86.

A senior airman received a suspended reduction to the rank to airman 1st class and seven days extra duty for disrespect to an NCO, a violation of the UCMJ Article 91.

An airman 1st class received a suspended reduction to the to airman and 14 days extra duty for underage drinking, a violation of the UCMJ Article 92.

An airman received a suspended reduction to the rank of airman basic, 10 days restriction and 35 days extra duty for failure to go, a violation of the UCMJ Article 86.

An airman basic received 15 days extra duty and a reprimand for failure to pay, a violation of the UCMJ Article 134.

A technical sergeant received 25 days extra duty and a reprimand for assault, a violation of the UCMJ Article 128.

An airman 1st class received a suspended reduction to the rank to airman and 30 days extra duty for

disorderly gestures, a violation of the UCMJ Article 134.

An airman received a suspended reduction to the rank to airman basic and 15 days extra duty for underage drinking, a violation of the UCMJ Article 92.

An airman 1st class received a suspended reduction to the rank to airman, forfeitures of \$65 pay per month for two months, and 30 days extra duty for alcohol incapacitation, a violation of the UCMJ Article 134.

An airman 1st class received a reduction to the rank to airman for underage drinking, a violation of the UCMJ Article 92.

A senior airman received a reduction to the rank to airman 1st class for disrespect to an NCO and use of provoking words, violations of the UCMJ Articles 91 and 117.

An airman basic received forfeitures of \$100 pay per month for 2two months , 45 days restriction, 25 days extra duty and a reprimand for assault and indecent exposure, violations of the UCMJ Articles 128 and 134.

An airman received a reduction to the rank to airman basic and forfeitures of \$100 pay per month for two months for failure to go, a violation of the UCMJ Article 86.

Task Force

Continued from Page 1

stand what alcohol does to their body and their career. It negatively impacts both, and the damage can be irreversible.

"Also, they need to know it's OK not to drink and still be socially accepted, and it doesn't need to be a necessary part of their lives."

Muth explained that peer pressure could be a friend or foe to the task force's efforts.

"Peer pressure is very powerful and can be negative or positive," she said. "I encourage people to be positive peers and discourage drinking. If you don't want to drink, don't let anyone push you into it. If they are your friend, they'll

respect you for not joining the crowd and being your own person.

"I believe the perception about drinking needs to change. It is often seen as a right of passage. Change needs to start somewhere — why not here?"

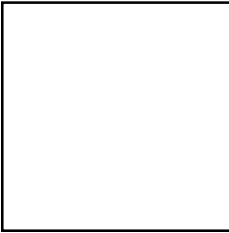
Call Muth at 8-3127 or your first sergeant for more information about the Underage Drinking Task Force. To join a specific subcommittee, contact the following individuals: Lt. Col. Michael Archuleta, services providers chairperson, 8-5596; Maj. Michael Pelletier, of-age chairperson, 8-4475; and 1 Lt. Gretchen Reed, underage subcommittee chairperson, 8-3446.



Staff Sgt. J. Elaine Phillinganes

Underage Drinking Task Force members strive to change the perception of drinking. Drinking could ruin your life and your career.

Military Justice *Airman receive court-martial for violations*



Oct. 3, in the case of the United States vs. Airman 1st Class Seneca Browne, 355th Mission Support

Squadron, a special court-martial was held at Davis-Monthan Air Force Base.

The accused pled guilty to one specification of wrongfully mak-

ing false military identification cards on two occasions.

The court members sentenced the accused to be reduced to the grade of E-1, confinement for four months and a \$1000 fine.

The court members required the accused to pay the fine or to be confined for an additional two months.

Call legal assistance at 8-5242 if you would like to attend upcoming courts-martial. *(Courtesy 355th Wing Law Center)*

Airmen earn Chiefs' Group Sharp Troop awards

The following airmen were recognized for their sharp military appearance and earned the Davis-Monthan Air Force Base Chiefs' Group Sharp Troop awards for the month of September:

Airman 1st Class
Andrea Carter, 355th Medical Operations Squadron; Senior Airman Shannon Cambridge, 305th Rescue Squadron; Senior Airman Troi Waln,



355th MDOS; Staff Sgt. Spaencer Mims, 358th Fighter Squadron; Staff Sgt. Elaine Connor, 355th Logistics Support Squadron; and Staff Sgt. Honeyeth Crisostomo, 355th Medical Support Squadron. Contact your unit's chief master sergeant to get more information about this program. *(Courtesy Davis-Monthan Air Force Base Chiefs' Group)*

Advertising

Medics offer D-M members dedicated medical care

The 355th Medical Group is implementing the new Primary Care Optimization program at the Davis-Monthan Air Force Base clinic. In response to suggestions from TRICARE members across the country, the Department of Defense and Air Staff created this program to better respond to beneficiaries. Under this program a few changes are being made to help the medical group better serve and meet the medical needs of D-M members.

The most visible component of the Primary Care Optimization program is the Primary Care Manager by Name program. The PCM by Name program will assign each TRICARE Prime beneficiary a health care provider who will oversee all the patient's medical needs. Nothing else has changed.

Ideally, TRICARE Prime beneficiaries will be able to routinely see their assigned provider for their medical needs. The end result is a more personalized approach to health care. When members call for an appointment, their PCM by Name provider should always be offered first. If the PCM by Name provider is unavailable within an acceptable time frame, an appointment may be made with any other health care provider from the member's panel.

To lessen the disruption of existing health care provider-patient relationships, customers will be matched with the provider in their current panel that they have seen the most often. Beneficiaries who have never seen a provider at D-M will be assigned at random to one of

the four PCM by Name providers in their panel. Family members, not previously seen at the clinic, will be assigned to the same PCM by Name provider as their family members are already assigned to.

This process may not be perfect so members will be offered an opportunity to change their selected PCM by Name provider. By the end of November beneficiaries should receive a letter notifying them of the PCM by Name health care provider who is assigned to oversee their medical needs. There will be a 30-day period in which to request a change of assigned PCM by Name health care provider. The letter will have instructions on how to request a change of assigned health care provider. Every effort will be made to honor member's choices.

The medical group is in the midst of perhaps its largest effort ever to reconcile its database of TRICARE Prime patient information (addresses, phone numbers, etc.). This is a vital component to let folks know what is happening. The database is the primary means to ensure members receive their PCM by Name letter. Medical group members will request customers addresses and phone number numbers more frequently, ideally this should happen whenever members call in or check-in for an appointment.

The medical group is taking a proactive approach by attempting to reach individuals and validate data whenever they suspect the data in their system is out of date.

Currently an e-mail address and

phone mailbox are being developed for TRICARE Prime beneficiaries who have not received their PCM by Name letter by Nov. 30 can notify the medical group. The information, once available, will be published in the *Desert Airman*. The 30-day change of PCM by Name provider option does not start until you have

received your letter.

Members of the 355th Medical Group encourage you to keep an eye out for their letter. Building stronger relationships with your health care team will strengthen your quality of healthcare and, in turn, help to increase your satisfaction. (Courtesy 355th Medical Group)

Specialty providers

The following is a list of speciality providers and how appointments with these providers will be affected by the new program:

Pediatric health care providers will not be designated as PCM by Name providers. To make pediatric appointments call the appointment desk directly. Each panel has access to pediatric providers and direct scheduling is possible. There is no need to see your PCM by Name provider to obtain a referral to see a pediatrician.

Internal Medicine health care providers will be designated as PCM by Name providers but only for individuals currently under the direct care of our Internal Medicine providers. If members are not enrolled in internal medicine, they will need to see their PCM by Name provider to obtain a referral.

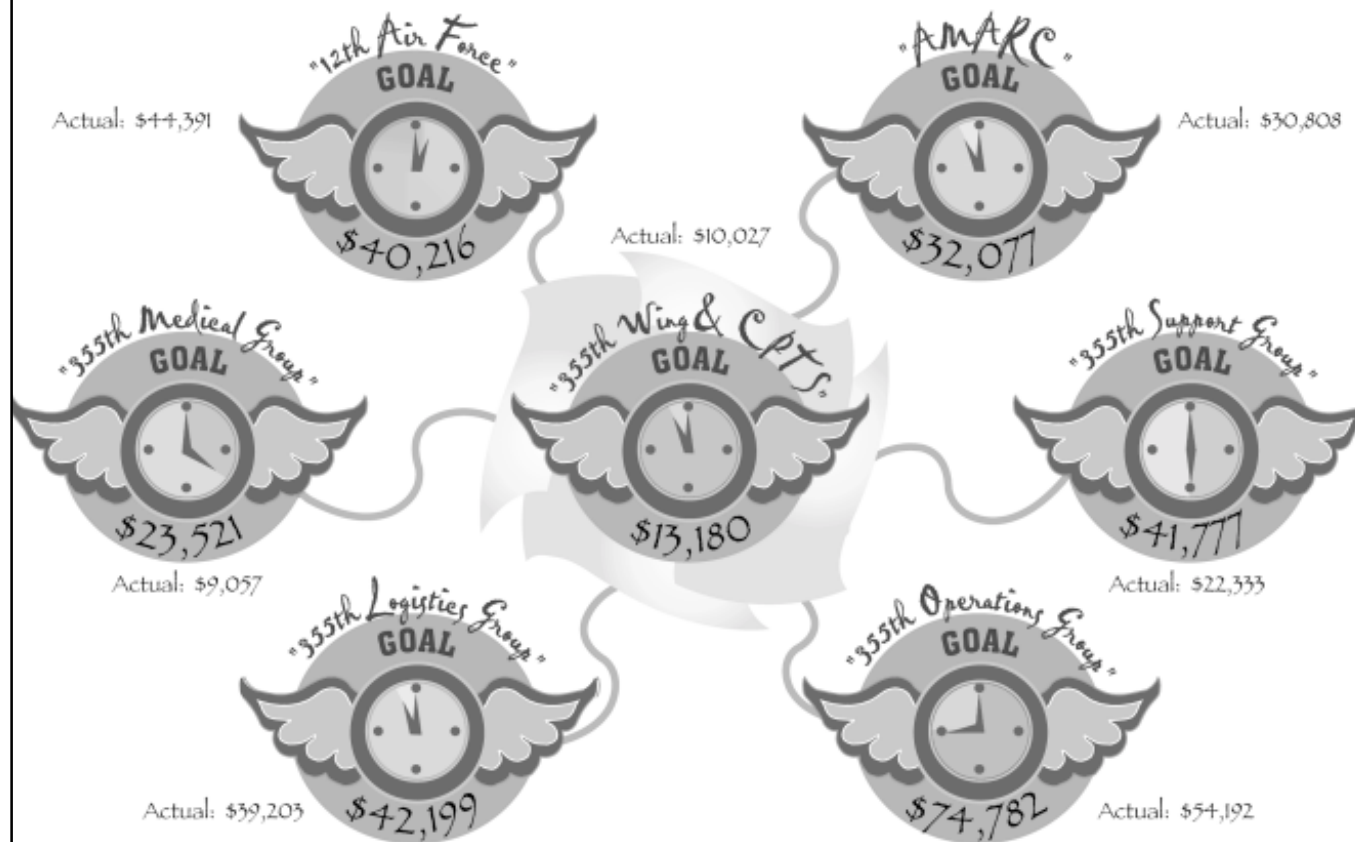
Gynecology health care providers will not be designated as PCM by Name providers. A gynecology appointment can be made by advising the appointment desk scheduler you desire to see a gynecology healthcare provider. There is no need to see your PCM by Name provider to obtain a referral.

Civilian Network health care providers will be unaffected. Patients who receive their care through civilian providers in the local community will not be assigned a D-M PCM by Name health care provider. If you currently receive care through the civilian network, absolutely nothing will change.

Aerospace Medicine health care providers will continue to see flyers and their family members. They too will embark upon a program in the near future to assign each and flyer and their family members to a Flight Medicine PCM by Name health care provider. Flyers will still have access to pediatric appointments for their children upon request, without having to see their PCM by Name health care providers first. (Courtesy 355th Medical Group)

Advertising

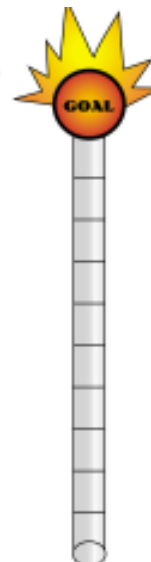
"Time To Share"



CFC campaign

The Combined Federal Campaign continues through Oct. 31. This year's theme is "Time to Share." Contact your CFC representative for more information. CFC representatives are: Maj. Richard Harrington, base project officer, at 8-4196; 2nd Lt. William Ferguson, 355th Wing staff, at 8-3840; Maj. Brad Byrd, 355th Operations Group, at 8-9660; 1st Lt. Gretchen Reed, 355th Support Group, at 8-3446; 1st Lt. Sarah Maile, 355th Logistics Group, at 8-3630; Maj. John Johnson, 355th Medical Group, at 8-8440; and Capt. Matt McCabe, at 8-6363.

**COMBINED
FEDERAL
CAMPAIGN**



Advertising

Why I stay

By Chief Master Sgt.

Pamela Lane

41st Electronic Combat Squadron

I attended my high school reunion this summer while I was home on leave. I won't tell you which reunion it was—that would be giving way too much away. Before the reunion, we all got a questionnaire in the mail. I filled mine out and sent it back it, and never gave it a second thought. At the reunion we were all given a little booklet that compiled the information from the questionnaires. It turns out that out of my class of more than 400 people, I was the only one who had made the military a career. During the course of the evening, a number of my classmates asked me about life in the military. You would be surprised at just how little the average citizen knows about today's military.

The most common question I got concerned my retirement benefits. I have to give them credit on this one—most of my classmates knew that I could retire after 20 years in the military. Almost everyone I talked to was impressed by the fact that I could retire in just a few months. (Guess I just gave myself away — it was my 20-year reunion.) Many of them were only 10 or 15

years into their careers. The one thing I had to explain to them about my retirement was the fact that I had contributed nothing but my time to my retirement. They had a hard time comprehending that I had not put even one dollar into my retirement fund, yet I will receive at least 50 percent of my base pay when I retire. Not one of them worked for a company that offered a similar retirement plan.

Another benefit many of my classmates found to be unbelievable was my annual leave. When I told them that I had been getting 30 days of paid vacation every year since I had joined the Air Force, they were dumbfounded. Some of them had been with a company for more than 10 years, and they had just worked up to three weeks of paid vacation a year.

I mentioned that I had been stationed in Japan and it started the questions about where else I had served. I started listing the places: Greenland, England, Turkey, Korea, Indonesia, the Philippines, Malaysia, the Azores, Australia, and all over the United States. I happened to mention that I got to go to all those places at government expense, and also earn my regular pay while I was there, and I started getting some rather hostile looks from the crowd. I decided to change the subject at that point.

Soon after that, someone asked



Airman 1st Class Latonia Brown

Chief Master Sgt. Pamela Lane (right), 41st Electronic Combat Squadron, inventories a tool box with Staff Sgt. Michael Rowe, 41st ECS.

me why I had stayed in the Air Force for so long. I have been asked that same question many times during my career. In fact, I have asked myself that same question more than once. The answer is always the same—because I know that what I do is important. In ways big and small, I have affected the lives of many people. From being part of the team that ended the Cold War, to supporting Operation Desert Storm, to representing each and every one of you on the Air Force Enlisted Council,

I have affected the lives of millions of people. From writing Air Force level award-winning packages, to making sure every EPR and award and decoration I see is the absolute best it can be, I have affected individual lives. My parents, my children, and everyone else in the United States are safe because of what I do. Another important aspect of what I do is knowing that it is in the proud tradition of millions of men and women who have gone before me.

see Stay, continued on Page 11

Welcome to Davis-Monthan

SES-4 Wayne Burkes, Vice Chairman, Surface Transportation Board
ACC Supply Rodeo Attendees
ANG Weapons and Tactics Conference Attendees
Supply Executive Board

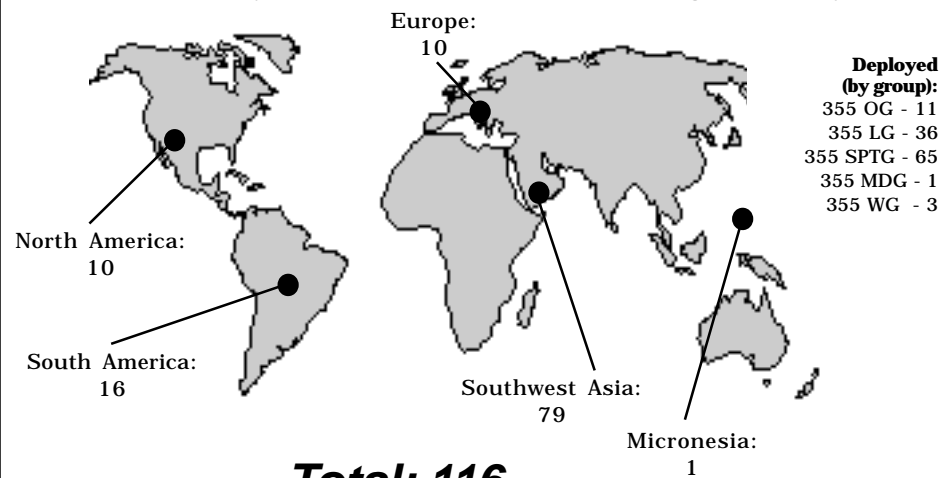
355th Wing Flying Goals

Hours	41st	42nd	43rd	Sorties	354th	357th	358th
	ECS	ACCS	ECS		FS	FS	FS
Goal	338	370	242		523	430	437
Flown	224	111	64		143	121	112
Delta	-114	8	8		-21	-13	-20
FY 2001	5	8	8		-21	-13	-20

Current as of Wednesday

Where are 355th Wing members serving?

This time last year, **102** members of the 355th Wing were deployed.



Total: 116

Other locations -- 0
 Current as of Monday

Source:
 355th Mission Support Squadron
 Personnel Readiness Unit



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Water conservation key to mission success

By Maj. Mickey Addison
355th Civil Engineer Squadron

2.2 million gallons per day. Enough water to fill the base pool six times over or approximately 220 gallons per person every day. That's what Davis-Monthan AFB uses every day during this, our peak water demand season.

We may take for granted the ability to walk to any water fountain and get clean fresh water. Those who have traveled overseas know that this is not always the case elsewhere. Even here in the Sonoran Desert, miles from any surface water source, we are able to produce enough water from our aquifer to support a base of 10,000 people and 1,256 homes. In the desert, it goes without saying that water is our most precious resource.

Growth in the community and high water use place a continuing drain on water resources here in the Tucson area. In fact, since 1941, the aquifer beneath the base we share with our neighbors has dropped 101 feet. Why is water conservation so important? Put simply, if we run out of water, we're out of the airpower business at D-M. In the worst possible case, a lack of good water conservation could lead us to a condition where we would have no water for fire-fighting, aircraft maintenance, cooling, drinking, and irrigation. More likely, we might have to endure

Stay, continued from Page 9

Like the soldier fighting in the trenches of World War I, the men who stormed the beaches at Normandy, and the grunt humping the boonies in Vietnam, I have made a difference. Granted, the difference I make is not on the magnitude of the difference those men made, but the differences I make are important none the less. Being able to see the big-picture impact of what I do has helped me through some tough times. Even as a chief, I get told to do things I would rather not do, or things I feel have no value added. When I begin to get too frustrated over those moments I simply reflect on the bigger issues. We, as Team D-M, Team 12th Air Force, and Team Air Force, are part of the most formidable Air Force the world has ever seen. We have touched the lives of millions of people around the world. We have protected their rights, brought them food when they were hungry, and carried them to safety when they were in danger's way. I know I am an integral part of that team, even if I didn't directly participate in each event. You are also an integral part of that team, and during those times when you are feeling over-worked, under-appreciated, and just plain frustrated, picture what this world would be like without our Air Force. Remember what it is all about.

Sortie boards, flying-hour programs, and other quality indicators are important tools used to measure our progress, but they aren't what it is all about. I was marching in a Memorial Day parade a few years back and there was a little boy about 3 years old standing on the curb holding an American flag. As we marched by I could see him jumping up and down shouting "God bless America." That is what it is all about, and that is why I stay.

severe water rationing and drastically change the way we live and work.

As mentioned earlier, during peak demand times, like the month of August, each of us uses an average of 220 gallons per day. Two hundred twenty gallons per day sounds like a lot, but normal daily water use adds up quickly. In a usual day, you might take two, 15-minute showers (60 gallons), flush the toilet five times (25 gallons), wash a load of clothes (45 gallons), cook a meal (two gallons), and wash the dishes (12 gallons). In addition, you probably consume about a gallon of water per day, perhaps more if you're working outside. This totals 145 gallons and you have not washed your car or watered your lawn! As you can see, just living consumes a lot of water!

The Davis-Monthan AFB water system is separate from the City of Tucson. The 355th Civil Engineer Squadron operates and maintains this system that provides water for firefighting, drinking, and irrigation of our grass and plants. To do this, we pump water from 11 base wells into 2.5 million gallons of storage in the three water towers. Gravity pushes the water from these elevated tanks through the distribution system to your faucets and fire hydrants.

About two-thirds of the water we produce goes to family housing. It's landscape irrigation, however, where we have the greatest opportunity to save water here at D-M because it's watering our lawns that contributes most significantly to water demand in our community. This demand for water to maintain our lawns can cause significant increases in water use during extended hot, dry periods such as we have experienced so far this year.

In the City of Tucson Water System website, "Twice a Week to Beat the Heat," Tucson Water Conservation Program Manager Fernando Molina states, "Poor irrigation scheduling practices are one of the problems we regularly see in commercial and residential landscapes."

Plants watered for short periods of time every other day or more frequently often develop very shallow root systems. As the weather warms up, the soils dry out quicker, requiring more frequent applications of water to keep the plant alive. A better strategy, says Molina, is to apply more water but wait longer in between irrigations.

"This encourages the roots of plants to grow deeper into the soil where evaporation is less."

It's also a good idea to allow the soil around the plant to dry out some before more water is applied. Using this method to irrigate results in healthier plants, with deeper root zones that will better withstand the hot dry summer months of the Sonoran Desert.

Despite the gloomy statistics, we have had some successes in water conservation efforts here on D-M. We install low-flow water fixtures, use timers for base irrigation systems, and use reclaimed water on the golf course. The switch to reclaimed water this year has saved us 1 million gallons per day alone. We also constantly monitor our water system with computers as well as engineer's "calibrated eyeballs," repairing water wasting leaks when we find them.

In the 1800s, water users in the Old Pueblo met each year to elect a Zanjero (Zahn-HAIR-oh), or

water manager, to make sure water users irrigated their fields according to the community-developed schedule, and to prevent water waste. At D-M, we're all Zanjeros because water conservation is everyone's concern. Be a Zanjero and conserve our most precious desert resource!

Tips for conservation, watering

Take shorter showers. A 15-minute shower uses 20-30 gallons, depending on your showerhead.

Don't let the water run while you shave or brush your teeth. If you do, you can waste up to 10 gallons of water.

Leaks waste water and money ... be a leak detective. Stop, look and listen for leaks regularly. Check your faucets, too. Call MFH Maintenance at 8-8600 or the Civil Engineers Service Call at 8-3171 to report water leaks

Re-use water from children's swimming pools for watering your plants.

Wash your vehicle in approved wash racks.

Reach your roots - Plants have different rooting depths and watering requirements. In general, annuals and grasses have roots extending down up to 12 inches, shrubs 24 inches, and trees 36 inches. Any water applied beyond the root zones is water the plant can't use. Most desert-adapted plants require less frequent watering than non-desert species.

Size up your soil - A soil probe is a metal rod, such as a piece of rebar, or a long handled screwdriver, used to measure how deep the water has penetrated the soil after a watering. Simply push the probe, metal rod, or longer handled screwdriver into the ground after you irrigate. It will easily push through wet soil and stop as dry soil is encountered. This provides you with a simple method to determine if your length of irrigation is sufficient. Periodically check the soil with the probe to determine when it is time to irrigate again. Once the soil is dried out, the probe will become more difficult to push into the ground.

Watch your watering - Leaks, missing drip emitters or broken sprinkler heads can seriously affect the performance of your irrigation system. Besides allowing water to be wasted, these problems can result in plants not receiving sufficient moisture deeper in the root zone.

Reuse the rain - There are several simple things one can do to take advantage of rainfall to supplement your landscape irrigation. Building berms around plants, diverting runoff from rooftops and walkways to plants, and using containers to store rainwater.

Make a cool, cool change - The summer heat can make it tough on new plants. New landscape plantings require more frequent waterings to establish strong root systems. If you are planning to change your landscaping, do the work in the cooler months of the year. Your new plants will do better and you'll need less water to get them established.

Turn on to a timer - An irrigation timer can help you save water in your yard. If you haven't got a timer on your faucet, use an egg timer or alarm watch to remind you to turn off the water.

Keep on the grass - No matter how much you water it, your sidewalk will not grow! Prevent water from running off into the street.

Health Focus

By Capt. Christina Laury
355th Medical Group

Learning how to prevent foot injuries and choosing the right athletic shoe, not only for your sport, but also for your particular feet is important! Improperly-fitted shoes can cause many disabling foot-problems such as bunions, corns, hammertoes, Morton's Neuroma and plantar fasciitis to name a few.

According to the American Academy of Orthopedic Surgeons, one in six persons or 43.1 million people in the U.S. have problems with their feet. Thirty-six percent regard these problems as serious enough to warrant medical attention. The cost of foot surgery to correct foot disabilities from tight or improperly fitting shoes cost two billion dollars a year. The cost sky rockets to 3.5 billion dollars when you include time off from work and recovery time needed after surgery.

There are three types of feet. Check to see which one is yours, and what shoe type you should be wearing.

Overpronator (flat feet) — A person with flat feet/low arches has excessive pronation. The foot tends to turn in when the heel hits the ground. The shoe of this person tends to show a great deal of wear on the inner side of the heel. If you have flat feet, you may be at risk for: Shin splints; Achilles tendonitis (heel cord pain); Plantar fasciitis (pain along the arch and bottom of the heel); Metatarsal stress fractures (long bones in the foot); Anterior knee pain

If this is your foot type, you should buy a motion control shoe with a firm midsole. (You can measure the firmness of the sole, also called flexibility, by the effort needed to bend the shoe at the ball of the foot) This type of shoe prevents the foot from rolling inward, which puts increase stress on the knee.

Supinator (high arch) — A person with high arches has more of a rigid arch than those with flat feet. The foot tends to turn outward when the heel hits the ground. The shoe of this person tends to show a great deal of wear on the outside of the heel. If you have high arches, you may be at risk for: Femoral stress fractures

Does the shoe fit?



Airman 1st Class Latonia Brown
Capt. Christina Laury (right), helps Senior Airman Amanda Marchioni select a pair of running shoes.

(bone in the thigh); Tibial stress fractures (bone of the shin); Overuse injuries resulting in pain along the outside of the hip, knee or ankle.

If this is your foot type you should buy a cushioned shoe with a flexible midsole.

Neutral (normal arch) — A person with normal arches has the normal amount of pronation and supination. The foot tends to stay in the "neutral position" (not too low or high). The person with normal arches may be at risk for: The same type of injuries those who have flat feet or high arches if they choose shoes made for another foot type.

If you have a normal arch you should buy a stability shoe. This type of shoe is a cross between a cushioned and a motion-control shoe.

Now that you have found a shoe for your foot type, follow these basic principles when you buy:

Try on shoes at the latter part of the day. This is important because your feet have a tendency to swell and lengthen as the day progresses.

Have both feet measured when you buy shoes. Remember your foot size increases the older you get.

Try on both shoes.

Fit shoes to your larger foot. Most people have one foot that is larger than the other.

Shoes should be comfortable the minute you put them on. They should not be too loose or too tight.

Do not expect shoes to stretch.

There should be one half-inch space from the end of the shoe to the tip of your longest toe.

Your heel should fit snug in the shoe and your toes should be able to wiggle freely. Women's feet are not proportionally smaller than men's are; their heels are smaller but their forefoot are proportionally bigger.

When purchasing athletic shoes, wear the same type of socks you will wear for that sport. It is also best to try on these shoes after a workout or a run because your feet are at their largest.

Buy shoes that are sports specific.

For a list of shoes by foot type, go to www.runnersworld.com. If you have any questions regarding foot biomechanics, contact your primary care provider for a consultation to physical therapy. Remember, prevention is key to keep you on the road to enjoying your favorite activity. Choosing the right shoe for your foot type is the first step to healthy feet.

Take care of yourself when you have the flu

Colds and flu account for more than 80 percent of the unnecessary visits to the doctor — more than any other group of medical complaints. Because these are viral illnesses, they cannot be cured by antibiotics or any other drugs. There are a variety of home treatments you can do to make yourself as comfortable as possible: Get plenty of rest. Stay home. Drink extra fluids. Sip at least one glass of water or juice every waking hour. Continue doing this even if you are vomiting. Eat if you're hungry, but don't force it. Take acetaminophen, aspirin, or ibuprofen to relieve fever, headache, and muscle aches. Do not give aspirin to children and teens younger than 19 — it may cause a rare but serious problem called Reye's syndrome; use ibuprofen or acetaminophen. Sponge with tepid water. Bath water that is about 70 degrees F lowers fever and is more comfortable than very cold water. Dress in light, loose clothes, and use light bedcovers. Next week, Can't shake the flu? When to call a health professional.

Advertising



Senior Airman Sandra Madden

Airman 1st Class Latonia Brown



Sonoran Spotlight

(Editor's note: Sonoran Spotlight is a weekly feature of the Desert Airman that profiles a member of the Davis-Monthan Air Force Base team. Members are nominated by their commander or first sergeant, and the article is compiled by the Desert Airman staff.)

Working in one of the highest-visibility orderly rooms on base might be a challenge some airmen would shy away from, but not Senior Airman Sandra Madden.

The 21-year-old, Sierra Vista, Ariz., native welcomes the challenge, and said she "works with great people and I couldn't ask for better leadership."

As personnel programs coordinator for 12th Air Force, Madden has seen numerous generals come and go, and is tasked to watch over programs – from promotions and performance reports, to retirements, re-enlistments and basic allowance for subsistence — for all ranks in 12th Air Force. "There's never a dull moment in the 12th Air Force Orderly Room," she said.

Madden calls D-M convenient for

her. "I'm close to family, the city and the mountains ... and I love Arizona sunsets."

She joined the Air Force for the educational opportunities, a career and to "move out of Sierra Vista." She's been on active duty for more than four years, and her supervisor loves to brag about her.

"Sandy is a breath of fresh air in our orderly room, and is well known for her excellent customer service approach and professional attitude ... so much so that many ask for her by name when they come in," said Capt. Suzanne Kim. "She has had a huge impact on the quality of life of 12th Air Force members. In addition to her outstanding work, she is enrolled in classes to complete her degree, and hopes to one day earn an Air Force commission."

While D-M is only her second assignment (after a tour in Korea), Madden is pleased to be here, and plans to dedicate herself to making staff sergeant in the next testing cycle, as well as completing her schooling.

Madden credits her father with being the inspiration she's needed over the years to succeed. "He's just down to earth and loved by everyone who knows him. He's aggressive when he needs to be. He's the backbone of our family, and has always been there when one of us needed him to come to the rescue."

Advertising

Airman's Attic

D-M Top 3-sponsored organization shines for airmen

By Karen Halstead
Public affairs

Typically people store seldom-used items in an attic. The Airman's Attic doesn't store the items they have for very long, because their donations are given back to Davis-Monthan Air Force Base airmen.

Airmen E-4 and below may use the services of the Attic to acquire items they need. Other enlisted members, with a referral from either family advocacy or a first sergeant may also use the Attic.

D-Ms Top 3 organization sponsors the Airman's Attic and their representative, Master Sgt. Kevin Jurgella, 42nd Airborne Command and Control Squadron, is the Attic's director. A friend, who has since left D-M, got him involved with at the Attic. Jurgella got hooked at helping others and with the mission the Attic fulfills.

Since the Top 3 organization acquired sponsorship of the Attic, policies have changed to better serve the customer, said Tommie Cantu, lead volunteer.

"We didn't have a men's room, but now we do, thanks to the Top 3," she said. "We depend on the community for donations.

"In turn we help needy families. We no longer can accept toys. The toy room wasn't manageable so we decided not offer them. We do need furniture and complete mattress sets."

Actually, they pretty much accept anything, and if you have items you want to give away, you can deliver them to Building 3220 anytime. Donations must be taken to the second floor and dropped-off outside of the door entering the Attic. Volunteers check their drop point daily and move donations inside their area. Items dropped on the first floor are for the Thrift Shop.

If you have items to donate, but don't have a way to get them to the Attic, you can call them at 8-4098 and leave a message if no one answers. Normally, pickups are made Monday evenings, but if a family needs the items picked up sooner, mention your needs when you call; volunteers will make arrangements for a special pickup.

Each week, airmen from the First Term



Karen Halstead

Tommie Cantu, Airman's Attic volunteer, places a donated towel in service for reuse.



Karen Halstead

Staff. Sgt. Paul VanWasshensora, 355th Component Repair Squadron, and his daughter, Alyson, look for shirts in the Airman's Attic. VanWasshensora and his family call the Attic "God-send." "When we arrived from Japan, our household goods were still in transit, and we were offered an on-base house right away. We didn't have the right clothes and the Attic was able to meet our needs." VanWasshensora said his family re-donates, back to the Attic, things that can be used by other families.

Airmen's Center volunteer their time at the Attic. They assist by sorting, straightening, delivering and cleaning. About 75 families use the Attic each week.

"I was amazed at the number of people who use this service," Jurgella said. "I didn't realize we had such a need in our community for this service. It's airmen helping airmen."

Melissa Herrera has been volunteering at the Attic for more than two years. "I believe we should give back to our Air Force family," she said. "Everything is donated to us and we give every donation to airmen who need it."

Herrera is the lead volunteer for Thursday evenings.

Master Sgt. Paul Drake, who recently moved from the 12th Air Force Logistics, was the Attic's handyman. Jurgella said the Attic needs to replace Drake.

"Drake really helped us so much. He made minor repairs to appliances and fixed things in the facility. We would love to have someone volunteer to for this job," Jurgella said.

Who knows better than the volunteers what the Attic means to the people they serve?

"When my husband and I got married all we had was a small bag of belongings," Cantu said. "We started coming here to borrow things, and the Attic was a tremendous help last year

when our house on base flooded. We were able to get a lot of things to replace what we lost from flood damage."

"The Attic staff is like family. We try to make everyone feel comfortable when they come here. Hopefully we are able to change peoples perspective, so they feel like they belong," Cantu said. "Even if they just need to talk, we are here."

Attic hours

The Airman's Attic opens each Monday and Thursday 4 to 7 p.m. The Attic maintains clothing and shoes for infants, children, men and women, both normal and maternity. They also have a variety of baby accessories, linens, kitchen items and furniture. People who are moving, retiring or separating from the military can donate items to the Attic. All donations are given to airmen free of charge. The Attic provides a schedule of how many items a family may accept each month. The Attic's goal is to reuse household items people no longer need by making them available to active-duty E-4 and below families.

The Attic's phone number is 8-4098.

A and A Days: Cockpit notes —



**Story and photo by
Chuck Stewart**

When Steve Cowell's AT-6C (which visitor's to Aerospace and Arizona Days 2000 will be able to see on display) rolled off the North American production line in Dallas, Tex.as, March 27, 1943, it was given an Army Air Corps serial number and flown off to a training base in Alabama. Forgotten over the next 54 years was the fact that it was assigned to Tuskegee Army Airfield, where it helped train the first generation of black military pilots. All the 47-year-old Cowell knew was that, like all T-6s, it had been a trainer in WW II. He had no idea it was one of the most historically significant Texans in existence. But according to official military records, it is the last of the Tuskegee T-6s.

Cowell first saw his future plane (serial #48884) painted in civilian colors and registered N8399H, in August 1997 in an estate sale ad. After 18 years with an Iowa banker, it was parked in a field at Blue Earth, Minn., awaiting a buyer. After some haggling, he managed to acquire it for \$115,000. He wanted to fly it a few years, then sell it and buy a house. But three years later, he's still living in an apartment in Denver, with the T-6 hangared at

Vance Brand Field in Longmont. That's because of a discovery he made just after he bought the plane. Cowell was looking at the data plate riveted to the rollover bar and he noticed something unusual. Although his plane had been converted to an AT-6G by North American in Downey, Calif. in January 1951, the data plate still bore the original 1943 construction number: 41-3190.

The Tuskegee heritage

Curious about his plane's history, Cowell checked with the Air Force Historic Records office at Maxwell AFB, Ala. and was surprised to learn that it had been based at Tuskegee. It arrived March 30, 1943 and remained until July of 1946. Not only that, it was the last known survivor of some 50 T-6s assigned there.

Suddenly, Cowell owned a piece of history — both aviation and social. "I'm an accidental historian," Cowell said with a shrug. "I wanted a warbird but couldn't afford a Mustang or Corsair, so I got an affordable T-6 and look what's happened," he added.

Instead of flying it for fun, then selling it, he decided to keep it and fly it in honor of the Tuskegee Airmen. The plane, he said, "represents the courage, contributions

and can-do attitude of the men who flew it."

In their honor, Cowell calls it "Double V," a name with plenty of meaning to Tuskegee Airmen. Coined by a newspaper in Pittsburgh, Pa. In an effort to rally blacks to the war effort, "Double V" stood for uncompromising victory — against the Axis forces and against racial prejudice at home. After taking the plane to several fly-ins and seeing the effect it had on the Tuskegee Airmen who saw it, Cowell was convinced he'd made the right decision in keeping it. He thought about repainting it in authentic Tuskegee colors but July 5, 1998, fate intervened.

While landing at Longmont, the tailwheel steering cable broke. In the ensuing groundloop, the plane ran off the runway, hit a runway sign and nosed over, bending the propeller blades and burying the Pratt and Whitney R1340 in dirt. "In the process," explained Cowell, "the left main gear collapsed, damaging the wing and tearing a hole in the left side of the fuselage. I got physically sick thinking about it and how much time and money it would take to repair."

After a lot of soul-searching, he decided to put the plane back in the air again, and while he was at it, restore it to as close to original condition as possible.

So he put the T-6 on a flatbed trailer and trucked it to Ezell Aviation in Breckinridge, Texas., where warbird guru Nelson Ezell and his crew worked on it on an "as time allowed" basis. Though he wouldn't say how much he spent, Cowell did say he borrowed all he could for the restoration.

"This plane is my passion," he said, "so I did what I had to and didn't worry about money." About the only thing Ezell didn't do was convert Cowell's plane from a

T-6G back to a T-6C. The present G-style canopy is scheduled to be replaced by a C-type canopy later this year.

"It's a G on the inside but it's a C on the outside. There isn't a thing on this plane that doesn't belong," boasted Cowell, adding that two years of research went into the restoration.

He spent time in the archives of the Tuskegee Institute and Boeing/North American. And he got inputs from author/historians Bill Larkins, Dana Bell, Ken Wilson and Dan Hagedorn of the National Air and Space Museum in Washington.

A number of Tuskegee Airmen also helped. Bill Holliman of Seattle provided WW II-vintage color photos of Tuskegee aircraft; and James Harvey of Denver, James Harrison of Lakewood and John Moseley of Aurora, Colo., helped with colors and markings.

Now that his meticulously restored T-6 is flying again, Cowell wants it to be a flying history lesson, a reminder of what the Tuskegee Airmen accomplished in WW II. This year, he and the plane spent much of the summer in Southern California, attending an average of two airshows per month.

In September, he plans to take it to the Reno Air Races to compete for the National Aviation Heritage Invitational People's Choice Trophy, a display-only event won last year by a rare Goodyear F2G-1 Corsair. Though he enjoys flying it, Cowell is already thinking about 48884's future.

It's such a significant piece of history, he said, that it needs to be preserved and displayed where people can appreciate it.

He hopes it will eventually find a home at Moton Field in the Tuskegee Airmen Museum. (*Reprinted from Pacific Flyer, ©2000, with permission.*)

Korean War remembered



(Editor's note: As America recognizes its veterans (over the next three years) to commemorate the 50th anniversary of the Korean War, the Desert Airman will run significant events related to the Korean War.) This week in 1950, the following significant Air Force events occurred:

Oct. 14: Two communist aircraft raided Inchon harbor and Kimpo airfield. Far East

Air Forces suspected they had come from Sinuiju, North Korea, on the Chinese border. CCF troops began to enter North Korea from Manchuria.

Oct. 15: Army Gen. Douglas MacArthur, in a meeting with President Truman on Wake Island, predicted that the war would be over by Christmas and China would not intervene. CCF antiaircraft artillery for the first time shot down an F-51 over the Yalu River near Sinuiju. Headquarters Fifth Air Force in Korea opened in Seoul.

Oct. 17: Just one day after the capture of Sinmak, less than 50 miles southeast of Pyongyang, North Korea, FEAF Combat Cargo

Command began airlifting fuel and rations there to sustain a United Nations offensive toward the North Korean capital. The command also began aeromedical evacuations from Sinmak to Kimpo.

Oct. 18: An RB-29 reconnaissance crew spotted more than 75 fighters at Antung's airfield in China, just across the Yalu River from North Korea, suggesting that Communist China might intervene in the war.

Oct. 19: After a battle at Hukkyori, some 10 miles south of the North Korean capital, U.N. forces entered Pyongyang. 5th Air Force fighters provided crucial air support to U.S. 1st Cavalry Division troops during this battle.

Scoreboard

Bowling

Intramural - American

(Week 6)

Team	W-L
42 ACCS #2	30-10
41 ECS #1	26-14
41 ECS #2	26-14
42 ACCS #1	24-16
CONS	24-16
MDG #1	22-18
43 ECS	16-24
MDG #2	16-24
OSS	8-32

High Scratch Game (Team):
42 ACCS #1, 1014
High Scratch Series (Team):
42 ACCS #1, 2789
High Scratch Game (Men):
Fred Massow, 263
High Scratch Series (Men):
Donald Karstetter, 644
High Scratch Game (Women): Sondra Calley, 215
High Scratch Series (Women): Sondra Calley, 553

Intramural - National

(Week 6)

Team	W-L
AMARC	31-9
SVS	30-10
12 AF #1	23-17
25 OWS #1	22-18
COMM	20-20
TRANS	20-20
12 AF #3	18-22
SUPS	16-24
AMMO	16-24
MSS	16-24

CRS 14-26
358th Wrekin Crew 14-26

High Scratch Game (Team):
SVS, 1023
High Scratch Series (Team):
AMARC, 2844
High Scratch Game (Men):
Alberto Meza, 253
High Scratch Series (Men):
Andy King, 666
High Scratch Game (Women): Paulita Trezevant, 199
High Scratch Series (Women): Paulita Trezevant, 546

Tuesday Early Risers

(Week 6)

Team	W-L
Hit and Miss	70-28
Ally Kats	70-28
Hot Cats	60-24
Wee Bee Bad	50-20
Soon's Runway	50-20
The Monarchs	45-18
OUI 3	30-12
Dream Catchers	25-10

High Scratch Game (Team):
Ally Kats, 516
High Scratch Series (Team):
Hit and Miss, 1369
High Scratch Game: Sadi Croxton, 187
High Scratch Series: Diana Scott, 509

Phantom Mixed

(Week 3)

Team	W-L
So So's	22-2
The Cajuns	20-4
Three N's and a D	18-6

Strikebusters 14-10
Six Pack 13-11
Lucky Seven 9-15
Alley Oops 8-16
Rat Pack 8-16
Sweet Revenge 8-16
Avengers 8-16
Strike Force 6-18

High Scratch Game (Team):
Alley Oops, 778
High Scratch Series (Team):
Alley Oops, 2153
High Scratch Game (Men):
Floyd Vaughn, 235
High Scratch Series (Men):
Donald Mickey, 642
High Scratch Game (Women): Kim Varley, 186
High Scratch Series (Women): Kim Varley, 525

OWC

(Week 4)

Team	W-L
Lady Flyers	28-4
Coyotes	20-12
KIDDS	20-12
Snuffers	18-14
Alley Cats	16-16
The Eastsiders	12-20
Splitsters	12-20

High Scratch Game: Fran Schmidt, 189
High Scratch Series:
Donata Oliver, 532

D-M Pinrollers

(Week 3)

Team	W-L
Team #9	24-8
Team #5	22-10
Team #6	21-11
Dreamers	19-13
Kachina Dolls	17-15
L-A-D-Y	16-16

We Don't Know 16-16
Dream Catchers 14-18
Annie's Girls 11-21

High Scratch Game (Team):
Team 9, 647
High Scratch Series (Team):
Dreamers, 1869
High Scratch Game: Gloria McKinney, 195
High Scratch Series: Gloria McKinney, 539

CE Mixed

(Week 2)

Team	W-L
BJ's Bunns	14-2
The Cans	14-2
Good, Bad & Ugly	12-4
MILF's	10-6
Perry	10-6
Brew Crew	6-10
BYE	4-4
Fire Dawgs	4-12
Just-4-Fun	4-12
Kelly B	2-14

High Scratch Game (Men):
Bryan Chambliss, 205
High Scratch Series (Men):
Bryan Chambliss, 579
High Scratch Game: Gail Johnson, 177
High Scratch Series: Gail Johnson, 501

Thursday Night

(Week 5)

Team	W-L
The Prickly Pairs	28-12
Desert Strikers	26-14
DMs	26-14
Four Seas	26-14
Pick One	24-16
Pintendos	22-18
PBJs	22-18
Nice-N-Spicy	18-22
Lickity Splits	18-22

BMs 18-22
Ice Breakers 18-22
Bucks-N-Does 14-26
Cool Cs 10-30
Road Runners 10-30

High Scratch Game (Team):
Desert Strikers, 768
High Scratch Series (Team):
Pick One, 2160
High Scratch Game (Men):
Lloyd Lee, 247
High Scratch Series (Men):
Smitty Smith, 634
High Scratch Game (Women): Mary Davis, 205
High Scratch Series (Women): Suzie Bolton, 523

Friday Nite Fun

(Week 6)

Team	W-L
AAFES	30-10
The Misfits	28-12
Wannabees	26-14
Kum Cantasi	26-14
3 Roses and a Thorn	24-16
More BS	21-19
Just Us	20-20
Just Havin Fun	18-14
Double Trouble	15-25
O Spare Us	14-26
Gutter Dusters	10-30

High Scratch Game (Team):
More BS, 766
High Scratch Series (Team):
More BS, 2197
High Scratch Game (Men):
Ken Bettis, 255
High Scratch Series (Men):
Tom Lorentz, 666
High Scratch Game (Women): Reda Lowe, 246
High Scratch Series (Women): Kris Spieker, 604

Bantams

(Week 4)

Team	W-L
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N Sync 27-5
Dragons 27-5
Tigers 10-22
Team 4 0-32

High Scratch Game (Team):
Dragons, 226
High Scratch Series (Team):
Dragons, 541
High Scratch Game (Men):
Nick Scurman, 40
High Scratch Series (Men):
Jonathon Willis, 238
High Scratch Game (Girls):
Ashley Doty, 54
High Scratch Series (Girls):
Sabrina Wayman, 230

Preps/Juniors/Majors

(Week 4)

Team	W-L
Fox Hound	26-6
The Xtremes	22-10
Desert Pros	22-10
Jaguars	18-14
Alley Cats	18-14
Undertakers	18-14
Unlimited	14-18
Pinbusters	14-18
Desert Strikers	12-20
N Sync Fireballs	10-22
Strikers	10-22
The Bulldogs	8-24

High Scratch Game (Team):
Fox Hound, 440
High Scratch Series (Team):
Undertakers, 1339
High Scratch Game (Men):
Dale Phelps, 126 (Preps);
Nathan Thorne, 156 (Juniors); Jason Wakefield, 164 (Majors)
High Scratch Series (Men):
Tyler Johnson, 382 (Preps);
Brandon Welsh, 421 (Juniors); Mike CuvIELlo, 463 (Majors)
High Scratch Game (Girls):

Rosashell Wayman, 80 (Preps); **Amber Welsh, 140 (Juniors);** Lynn Campbell, 109 (Majors)
High Scratch Series (Girls):
Rachel Ross, 322 (Preps);
Ebony Wayman, 365 (Juniors); Jennifer Kerr, 342 (Majors)

Softball

Mon/Wed
(as of Monday)

Team	W-L
MDG	11-2
357 FS	11-2
43 ECS (A)	10-3
TRANS/LSS	9-4
EMS/AMMO	9-4
Supply	9-4
CRS	7-6
372 TRS	6-7
12 AF (B)	6-7
12 AF (B)	6-7
OSS	4-9
41 ECS	4-9
354 FS	3-10
42 ACCS (B)	2-11
DeCA	0-13

Tues/Thurs
(as of Tuesday)

Team	W-L
SFS	13-0
12 AF (A)	12-1
TRS	11-2
CES	9-4
CS	9-4
358 FS	8-5
42 ACCS (A)	7-6
EMS/AGE	6-7
CRS (A)	3-8
25 OWS	3-9
162 ANG	3-10
41 ECS (B)	2-9
AAFES	1-11
SVS	1-12

Advertising



Photos by Airman 1st Class Latonia Brown

(Above) Patricia Watson demonstrates proper form for the supine (laying on your back) tricep curl using a weight bar. The lifter must keep the elbows in to properly isolate the tricep muscle. (Left) Watson uses the bicep curl machine at the Haeffner Fitness and Sports Center. The machine provides a pad to rest the arms on, and more effectively isolate the bicep muscle.

Biceps, triceps

Proper weight selection, form, number of reps key to building strong, appealing arms

(Editor's note: This is the fifth in a series of articles on bodybuilding and weight lifting. The series is designed to give the beginning or average weightlifter some insight on training and weight selection to ensure maximum results without over-training. If you are happy with the results you are currently getting from your present routine, please continue training the way you are. The articles were produced jointly by the 355th Wing Public Affairs Office and Bill Sibole, former Army weightlifter and body builder. The primary reference is "Getting Stronger - Weight Training for Men and Women" by Bill Pearl and Gary Moran.)

Everyone wants big arms I guess because they are very visual and attached to your shoulders.

The standing two-arm curl — arms along side the hips and elbows in — is a great exercise to start with.

Curl the bar up to the chest, lower the bar and repeat for a set of eight to 10 repetitions.

Be sure and breath in at the starting position. The bar at the bottom should be across the thighs.

Breath in as you curl and exhale as you come back to the starting position. Keep tension both ways.

There are many curling choices, includ-

ing the seated incline dumbbell curls, seated curls, and standing dumbbell curls. By doing various curls you work the bicep at different angles.

The dumbbells shape the bicep, and the bar work thickens the width of the arms.

You can also consider seated dumbbell curls where you put one arm on your thigh and rest the other arm with a dumbbell. Use the arms as a brace, putting the other arm over and curl the dumbbell. This isolates the biceps.

Alternate arms doing three sets with each arm.

I believe one of the best arm exercises is the seated incline. Do not do this exercise at an extreme angle. The seated incline really pumps the biceps.

I do the standing straight two arm bar curl, then finished off with three sets of decline curls. Some people use dumbbells and or the straight bar.

You can also work triceps along with biceps either alternating bicep and tricep. This all depends on your routine.

One of the good tricep exercises is the flat bench, where you lie on your back. Grip the weight and curl to your forehead keeping the elbows in.

Standing and lowering the bar behind the head is another good tricep exercise keeping the elbows in close to the head.

There are also several good cable exercises for the triceps as well.

You may also want to "cut" the triceps by giving them definition and shape.

Try the standing curl, bent over at the waist two-arm-dumbbell tricep extension. This exercise really burns the tricep, and you don't have to use a heavy weight.

Tricep pull downs with the cable will help give you a horseshoe-shaped tricep.

Please remember not everyone develops the same. The triceps are three quarters the size of the arm.

Remember, the triceps get a lot of work doing other exercises.

When you do just tricep exercises stand with a dumbbell and lower it alongside the head with the bicep in close to the head. Raise it with the tricep to arm's length.

Try out something you might enjoy, and why not try a different one each workout to really see what works for you?

Doing a heavy, boring exercise can lead to a unpleasant looking figure. Don't forget dips — they are great too.

Hopefully these tips (over the past few weeks) have given you some things to think about in your workout. Don't be afraid to ask people you see at the gym — who appear to be experienced weight lifters — for help and encouragement. You won't regret it.

Sports Shorts

Women's soccer

Anyone interested in playing on the women's base soccer team is encouraged to call or e-mail Kristina Ott. Her e-mail address is kristina.ott@dm.af.mil and her phone number is 8-9839. All women (officers, enlisted and family members older than 18) are welcome to play regardless of skill level. Practices start soon.

Intramural runs

D-M's 3K, 5K and 10K intramural runs are Oct. 20 and 27. Military runners participate by squadron for Commanders Trophy points in men's and women's categories. Competition is according to age group. Unaffiliated military and civilian athletes of all ages take part individually. Runs begin at 7 a.m.; register at 6:30 a.m. Start and finish lines are inside the Swan gate. The fitness center has further details at 8-3714.

Tennis machines

Automatic tennis practice machines can be checked out from the fitness center. There's no cost to use the equipment, which can be plugged in at the base tennis courts, across from Bama Park. Players supply their own tennis balls. Get information at the fitness center, 8-3714.

Football Frenzy

Football Frenzy is every Monday at the Desert Oasis Club. Fans are invited to the club every Monday for NFL football, snacks, pizza, wings and beverage specials. Valuable local prizes will be given away every week. Members and their guests can win mini footballs, sports bags and pullovers and a \$150 MasterCard gift card. National prize winners go to the San Francisco-San Diego game, Dec. 3, the Tampa Super Bowl, Jan. 28, and the Honolulu Pro Bowl, Feb. 4. Trips include



airfare and hotel accommodations for two, and a rental car. Only club members (either club) are eligible for national prizes. Sponsors are SatoTravel, Miller Brewing Co., American Airlines, Comfort Inn (San Diego), Double Tree Alana Waikiki (Pro Bowl), and Air Force Clubs (no federal endorsement intended). Call the Desert Oasis for further details at 748-8666.

Skeet and trap open weekends

D-M's modern skeet and trap ranges open at 8 a.m., Saturdays and Sundays. Military shooters pay \$3 a round; civilians pay \$3.50. Per-round savings are available for purchasers of annual range fees. Ranges are at the east end of Yuma Road, adjacent to the small arms

range. Find out more from the outdoor recreation center, at 8-3736.

Volksmarch

Military and civilian volksmarchers and their guests can sign up now for Global Volksmarch XX, Oct. 28 and 29, along an on-base 10K course. Participation is free; however, past and current medals and IVV stamps may be purchased. Entry forms are available at the outdoor recreation center, Building. 4430, or phone 8-3736.

Aerobics, exercise classes

The staff at the Haeffner Fitness and Sports Center offer a full lineup of exercise and aerobics classes each week. Call 8-3714 for more information.

Monday - 11 a.m. to noon - Step aerobics (Marie); 12:20 to 1 p.m. - Spinner (Steve); 5:30 to 6:30 p.m. - Aerobics (Rumiko); 6:45 to 8:45 p.m. - Kajukenbo (Paul)

Tuesday - 8 to 9 a.m. - Senior aerobics (Corinne); 11 a.m. to noon - Step aerobics (Veronica/Rumiko); 12:10 to 1:10 p.m. - Circuit training (Corinne); 6:15 to 8:15 p.m. - Kyokushin (Idris)

Wednesday - 10:10 to 11 a.m. - Spinner (Corinne); 11 a.m. to noon - Step aerobics (Veronica); 12:10 to 1:10 p.m. - Kick box (Corinne); 6:30 to 7:30 p.m. - Belly dancing beginners (Basheera); 7:30 to 8:30 p.m. - Belly dancing advanced (Basheera)

Thursday - 10 to 11 a.m. - Senior aerobics (Corinne); 11:10 a.m. to 12:10 p.m. - Step aerobics (Marie); 12:10 to 1:10 p.m. - Training (Corinne); 5 to 6 p.m. - Step aerobics (Rumiko); 6:10 to 8:10 p.m. - Kyokushin (Idris)

Friday - 11 a.m. to 12:10 p.m. - Step aerobics (Veronica); 12:10 to 1 p.m. - Spinner (Steve); 4:30 to 6:30 p.m. - Kajukenbo (Paul)

Saturday - 10 to 11 a.m. - Step aerobics (Rumiko); 11 a.m. to noon - Spinner (Corinne)

Advertising



Chapel events

Protestant schedule

Today: Aim High Bible Study, 7 p.m., Chapel 1 annex. Call 889-1715 for more information.

Saturday: Couples' Bible Study, 7 p.m., call 749-5550 for more information.

Sunday: Contemporary Worship Service, 8:30 a.m., Chapel 1; Sunday School, 10 a.m., Chapels 1 and 2; Traditional Worship Service, 11:15 a.m., Chapel 2 annex; Inspirational Gospel Worship Service, 11:15 a.m., Chapel 1.

Tuesday: Ladies Bible Studies: 9:30 to 11:30 a.m. (nursery provided), Chapel 1, or 11:30 to 12:30 p.m., Chapel 1; Singles Bible Study, 7:30 p.m., Building 3220; Bible Study for Moms, 6:30 to 8 p.m., Chapel 1.

Wednesday: Midweek Bible Study, noon, Chapel 1; Prayer and Teaching Time, 7 p.m., Chapel 1; Youth Night, for middle and high school groups, Chapel 1, 7 p.m. Call 8-5411 for more information.

Catholic schedule

Saturday: Mass, 5 p.m., Chapel 1; Sacrament of Reconciliation at St. Joseph's Church, 4 to 5 p.m.

Sunday: Mass, 7:30 and 10 a.m., Chapel 1; Sacrament of Reconciliation, 9:15 to 9:45 a.m., Chapel 1.

Monday through Friday: Rosary, 11:10 a.m., Chapel 2; Mass or communion service, 11:30 a.m., Chapel 1.

Wednesday: Rite for Christian Initiation 7 to 8:30 p.m., Chapel 1.

Islamic schedule

Today: Prayer service, noon to 2 p.m., Building 3220, third floor-west; educational classes, 6 to 8 p.m., Building 3220, third-floor west.

Chapel Web site

Visit the chapel Web site for more information about services, upcoming events, impor-

tant phone numbers, and more. Just type the Web address, www.dm.af.mil/chapel, and explore the possibilities of your faith.



On-base clubs

Officers Club

Today: Burger Burn, 5 to 7 p.m. Oktoberfest is 6 to 10 p.m.; reserve now.

Saturday: Surf & Turf dinner special, \$14.95.

Sunday: Sunday Brunch, 10 a.m. to 2 p.m., adults, \$13.95.

Monday: Club and barbershop close at 2 p.m.

Tuesday: Potato bar, 5 to 6 p.m., at social hour.

Wednesday: Free tacos, 5 to 6 p.m., at social hour.

Thursday: Wings and poppers, 5 to 6 p.m., social hour.

Desert Oasis Enlisted Club

Today: Karaoke is at 8 p.m.

Saturday: Sports bar opens at 5 p.m.

Sunday: Cabana open, 1 to 8 p.m., call 747-3234.

Monday: Come in tonight for Football Frenzy.

Tuesday: Two-for-One Night; two steak dinners, \$9.95. Bingo starts 6 p.m.

Wednesday: Dollar Off Night.

Thursday: Call Wendy for catering information.

Officers Club barbershop

The Officers Club barbershop is now operated by a private contractor, but prices remain the same. Watch for upcoming changes including expanded hours, services for women and sale of hair-care products. Please call 748-0660 for new hours, concerns and additional information.

Membership drive

D-M's Fall Club Membership Drive is in progress. New members get dinner for two, five

services bucks and the chance to win a dues-free year. Current members who bring in a new member get dinner for two, five extra services bucks, and a chance to win a \$50 club credit. At the end of the drive, Dec. 22, the current member from each club who has sponsored the most new members gets two more dinners for two, five more services bucks, and a \$100 club credit. The drive ends with free parties for all members at both clubs. For more information, call the Officers Club at 748-0660, or the Desert Oasis Enlisted Club at 748-8666.

Oktoberfest today

Oktoberfest is today, 6 to 10 p.m., at the Officers Club. There will be prize drawings, games, an authentic German buffet and beverages. Hildegard and the Rusty Greer band will perform. Club members and bona fide guests are \$12.95; eligible non-members are \$15.95. Thanks to the following sponsors for their support: Arizona Coach Tours, Tucson Scorch Pro Hockey, Nova Home Loans, Harmony Therapeutic Massage, Mannatech representative Mary Jo Reid, MCI World Com, Biosphere 2, Home State Realty and Shamrock Foods. Also, Budget Car and Truck, Residence Inn Marriott, Courtyard Marriott, Latasia Jewelry Consultants, Woody's Gift Alternatives and Tucson Raceway Park (no federal endorsement intended). Call 748-0660 for reservations.

Club football fun

Come to the Desert Oasis Club every Monday for food and NFL football. Fans can win local prizes like mini footballs, sports bags, pullovers and a \$150 MasterCard gift card. National winners get tickets to a San Diego game, the Super Bowl and Pro Bowl. Trips include airfare for two, hotel accommodations, and rental car. Club members are eligible for national prizes. Sponsors are Sato Travel, Miller Brewing Co., American Airlines, Comfort Inn (San Diego), Double Tree Alana Waikiki (Pro Bowl), and Air Force Clubs (no federal endorsement intended). Call 748-8666 for further details.

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Advertising



Youth programs

Today: Kids sign up for basketball at youth center, 6 to 8 p.m., call 8-8373. ACC Teen Lock-in starts at 9 p.m., call 8-8365.

Saturday: Teen clothing/food drive at the youth center.

Monday: Halloween Carnival is Oct. 27 at youth center.

Tuesday: Youth center gym closed through Oct. 31. Hourly child care is Fridays/Tuesdays; call the CDC, 8-3336.

Wednesday: Youth center primaries go out for pizza, call 8-8844. Haunted House tours are 6 to 8 p.m., Oct. 24 through 27.

Thursday: Preteen ping pong tourney, 6 p.m. at the youth center. Teen pool tourney, 7 to 8:30 p.m., Oct. 21.

Haunted house and carnival

Tours of the youth center's 16th Annual Haunted House are 6 to 8 p.m., Oct. 24 through 27. Cost for all ages is \$3. The youth center's free Halloween Carnival is 4 p.m., Oct. 27. Volunteers are needed to build and dismantle the haunted house, and to help at the carnival. Call 8-8844 for further information.

Youth basketball

Sign-ups for the 2001 youth basketball season begin today, 6 to 8 p.m., at the youth center, for boys and girls, ages 5 through 15. Youth center members pay \$40, and non-members are \$45. Competition is Jan. 20, at the youth center gym and continues through March. Upcoming registration dates are Oct. 29 and Nov. 9. Get further details from sports director Kathy Sands at 8-8373.



Community events

Today: 3K Intramural Run, 7 a.m., call the fitness center, 8-3714

Saturday: Save \$3 on Toy Story with ITT coupon, call 8-3700. Cosmic Bowl, 7 to 11 p.m. at the D-M Lanes

Monday: ITT tours Karchner Caverns, call 8-3700. Marketplace is 6:30 to 8 p.m., community center, call 8-3717.

Tuesday: Toastmasters meet at 11:30 a.m. at the library, call 8-4381.

Wednesday: Gold Pin bowling at the D-M Lanes, call 8-3461. Fitness center kick boxing class, 12:10 p.m., call 8-3714.

Thursday: Outdoor hike to Seven Falls, Oct. 21, call 8-3736. Story Hour at the library, 10 a.m., call 8-4381.

Toy Story on ice

See Disney cartoon characters in action, when Disney on Ice presents Toy Story, at the Tucson Convention Center, today through Oct. 15. Military, DoD and retired members save \$3 at the noon performance, Saturday (applies to \$17.25 and \$12.25 tickets). Discount coupons are available now, at most 355th Services Squadron facilities, or at the Information, Tickets & Tours office, Building 4430. Call 8-3700 for more information.



Family support

Tuesday: Time for Tots, 9:30 to 10:30 a.m., Chapel 1. Right Start Orientation, 8 a.m. to noon, community center, Building 4201.

Thursday: Fun Time Activity Group, 9:30 to 10:30 a.m., Chapel 1.

Give parents a break

The next "Give Parents a Break" program is 2 to 6 p.m., Oct. 28. This program offers free childcare to active duty Air Force parents who need a break from the stresses of parenting for a few hours. Families who are eligible for this program include those where a parent is feeling stress due to military member being deployed, recently moving to base or unique circumstances or hardships. For more information or a referral, call 8-5690.

Child care for PCS

The Air Force Aid Society's Child Care for PCS program is now available on base. Co-sponsored by the family support center and the family child care program, families with permanent change of station orders are eligible to receive a Child Care for PCS Certificate from the family support center for use within 30 days of the family's departure from or arrival at the base. Child care is done in licensed family child care homes. This program is targeted at E-5's and below. Make an appointment to sign up by calling 8-5690.

Halloween party

The Hearts Apart Halloween party is scheduled from 11 a.m. to 1 p.m., Oct. 28 at the family support center. To make reservations, contact the family support center at 8-5690.

Smooth move

The family support center will conduct its next smooth move briefing 8 to 11 a.m., Nov. 1 at the community center. This briefing covers many topics related to making a permanent change of station move. To meet the needs of those traveling with their pets, additional information will be provided at the pets are family too workshop, 11 a.m. to noon. Both briefings are open to military members, Department of Defense employees, and their spouses. Reservations are required. Call 8-5690 for reservations.

Family Support Center Carnival

The family support center is putting on a free carnival for the D-M community. The carnival is scheduled for Oct. 30, from 5 to 7 p.m., at the family support center parking lot. Activities at the event include various carnival games and prizes, dinosaur train rides, clowns, as well as a "jumping castle". Members of the Fire Department and "McGruff", the crime-fighting dog will also be there. Free snacks available to carnival-goers include hot dogs, popcorn, candy and sodas. It's a great opportunity for families to spend time together in a safe and relaxed atmosphere. It also gives us a chance to promote the family support center and the programs offered to the community.



Education services

Park University

Tuition assistance, veteran benefits and financial aid are available to assist students with their education goals. Forms are available in the office. Call 748-8266 for more information.

University of Arizona

A representative from the Eller School of Business, University of Arizona and a representative from the graduate school registrar's office will be available to provide information and answer questions at the Education Center 1 to 4 p.m., Wednesday in Building 3200, Room 267. For further information, call 8-3813 or 8-4815.

Chiefs' scholarship program

The Chiefs' Group Scholarship program will afford many enlisted members the opportunity to take their first college class for free. Registration has started for many of the colleges on Davis-Monthan Air Force Base. Call the individual college you are interested in or call education services at 8-3813 for more information on registration dates, the Chiefs' Group and other scholarships available, or any other information on educational services.

October graduation

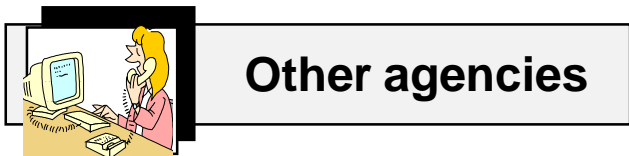
Seventy fellow airman will graduate from the Community College of the Air Force October 2000 Class. Lt. Gen. Tom Hobbins, 12th Air Force Commander, will be the guest speaker. Show your support by attending the luncheon/ceremony at the Desert Oasis Enlisted Club 11:30, Oct. 25. The base education center is taking reservations. Please call 8-3813 or 8-3812 to make your reservations now.

Attention CCAF graduates

All October Community College of the Air Force graduates should submit their Eagle Grant and Old Crow Tuition Grant applications to the education office by today. There will be three Eagle Grant Scholarships awarded in the amount of \$400 and two Old Crow grants in the amount of \$250. Complete the applications and you may receive some extra money to help pay for your college degree. If you have any questions please contact Ronalyn Akcadogan at 8-5191 or Phillip King at 8-4249.

Tri-University Master's program

Arizona's three state universities: Arizona State University, Northern Arizona University and The University of Arizona, have collaborated to offer a new Tri-University Master's Degree in Engineering. If you are interested in finding out more about this program, a representative from the University of Arizona will be available at the Education Center 1 to 4 p.m., Wednesday in Room 267, Building 3200. Contact the education center at 8-3813 or 8-4815 for further information.



Other agencies

Home buying workshop

The Housing Management Office will sponsor a home buying workshop, 8 to 11 a.m., Oct. 20 at the Education Office, Suite 267. Attendees will learn about the VA -Guaranteed home loans; home buying information and current housing market conditions; the benefits of home inspection prior to purchase. Refreshments will be served. Call Tina West at 8-5548 for reservations.

D-M Top Three

Want answers to rumors? Want a chance to make positive impacts on the base? The D-M Top Three Association meets the second Thursday of each month at the Desert Oasis Enlisted Club. Senior NCOs are encouraged to attend. Call Senior Master Sgt. Brown at 8-6560 for more information.

Dining facility reopened

The Desert Inn Dining Facility has reopened. The operating hours are as followed:

Breakfast: weekdays, 5:15 to 7:45 a.m.; weekends, 6 a.m. to 1 p.m.

Lunch: weekdays, 10:30 a.m. to 1 p.m.; weekends, 10:30 a.m. to 1 p.m.

Dinner: weekdays, 3:30 to 6:30 p.m.; weekends, 4 to 6 p.m.

Midnight: weekdays, 11 p.m. to 1 a.m.; Friday through Sunday, closed.

Running shoe clinic

The 355th Medical Group physical therapy element is sponsoring a running shoe clinic at the main exchange 11 a.m. to 1 p.m., Tuesday and 19. Stop by for a free foot analysis to determine which type of running shoes are best suited for your feet. Call Capt. Erin Morris at 8-2908 for more information.

Clinic hours and phone numbers

Clinic Hours: Monday through Friday 7:30 a.m. to 4:30 p.m.

Weekend/Holiday Acute Clinic: 8 a.m. to noon.

Laboratory: Monday through Friday, 6:30 a.m. to 4:30 p.m.

Immunizations: Monday, Tuesday, Wednesday, Friday, 8 to 10:30 a.m.; Monday through Friday, 1 to 4 p.m. for adults. Monday, Wednesday, Friday, 8 to 10:30 a.m. and after D-M provider appointments for children.

Pharmacy (Main/Satellite): Monday through Friday, 8 a.m. to 5 p.m.

Dental Clinic: Monday through Friday, 7 a.m. to 4 p.m.

Dental Appointments (Active duty only): Call between 7:30 a.m. to 4 p.m. at 8-2651/2652.

Sick call: 7 to 8 a.m. and 1 to 2 p.m.

Mental Health Clinic Appointments (Active duty only): Call 8-4926 between 7:30 a.m. to 4:30 p.m..

Family Advocacy Appointments: Call 8-2104 between 7:30 a.m. to 4:30 p.m.

TriWest Care Manager, (888) 874-9378

Dental sick-call

Active-duty members can make an appointment for dental sick-call. To schedule an appointment, call 8-2651 or stop by the dental reception desk. Appointments are available between 7 to 8 a.m. and 1 to 2 p.m., Monday through Friday. Active-duty walk-in patients will still be accommodated but clinic wait times care may be longer. For more information call 8-2651.

Thunderbirds to reenlist D-M

The Thunderbirds commander will reenlist D-M personnel Nov. 2 upon the Thunderbirds team's arrival for A & A days. If you would like to be reenlisted in front of a Thunderbirds F-16C, please contact Capt. Patricia Muth, 8-3127, no later than Oct. 20. You must be eligible to reenlist to participate in this event; contact the reenlistment section in the MPF to determine your eligibility.

Enlisted Wives Association

The next Enlisted Wives meeting will be held Tuesday at the Desert Oasis Enlisted Club/Monte's at 6:15 p.m. with a social to follow. The theme for the meeting is "Fall Harvest". Costumes may be worn to the meeting. For more information, please contact Dena Wakefield at 747-3461.

Breast cancer awareness

The 355th Medical Group will be sponsoring a booth in recognition of National Breast Cancer Awareness Month, 9 a.m. to 1 p.m., Thursday and Oct. 20. Stop by the Base Exchange and learn how you can be a part of the movement for early detection.

Single parents' group

A single parent's group is being organized to provide a network for daycare during exercises, short TDY's, and more. The group will also give single parents an opportunity to meet and develop friendships with other parents in the same situation. Children will also benefit from the group through planned activities and trips. For more information, call Staff Sgt. Matthew Trumbull at 8-1104.

Thrift Shop open

The Thrift Shop is open Saturday from 9 a.m. to noon. Consignments are taken until 1 p.m. Call 8-2120 to reserve space for large items and furniture. The shop is located in Building 3220 on Ironwood.



Movie theater

Today: Gladiator, (R), 7 p.m.

Saturday: The Cell, (R), 7 p.m.

Sunday: Autumn in New York, (PG), 7 p.m.

Oct. 20: Gone in 60 Seconds, (PG-13), 7 p.m.

Oct. 21: What Lies Beneath, (PG-13), 7 p.m.

Oct. 22: The Art of War, (R), 7 p.m.

Advertising